






January 2017

Pomfret Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
2 Birthdays Gunner J Gene G Monique	3 10:30 - Tai Chi 12:30 - Activity Planning Mtg.	4 12:15– Birthday Celebration 12:30– Bingo	5 10:30– Line Dancing w/Chantale 1:00 - Yoga	6 
9 	10 10:30 - Tai Chi 12:30– Setback	11 10:30– Postural Blood Pressure Screening 12:30– Movie- “The Man”	12 12:30– Cribbage 1:00 - Yoga	13 
16 	17 10:30- Tai Chi 12:30– Ed Morin-Presentation on 1st Native Americans to become medical Drs. in US	18 10:30– Guided Meditation with Barbara Marston 12:30– Bingo	19 1:00 - Yoga	20 
23 	24 10:30– Tai Chi 12:30– Trivia	25 12:30– Movie- “Must Love Dogs”	26 12:30– Cribbage 1:00 - Yoga	27 
30 	31 10:30– Tai Chi 12:30– Heirlooms			

This Program is funded in part by Senior Resources with Title III Funds through the Older Americans Act

***Lunch is served at 11:30 daily**



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***Details on all programs and activities are available in the December Newsletter**